



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09001, Acerola, (west indian cherry), raw

Report Date: May 27, 2017 14:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:20% Refuse Description: 18% seed, 2% stem end

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 98g	1 fruit without refuse 4.8g
Proximates						
Water	g	91.41	1	--	89.58	4.39
Energy	kcal	32	--	--	31	2
Energy	kJ	134	--	--	131	6
Protein	g	0.40	--	--	0.39	0.02
Total lipid (fat)	g	0.30	--	--	0.29	0.01
Ash	g	0.20	--	--	0.20	0.01
Carbohydrate, by difference	g	7.69	--	--	7.54	0.37
Fiber, total dietary	g	1.1	--	--	1.1	0.1
Minerals						
Calcium, Ca	mg	12	--	--	12	1
Iron, Fe	mg	0.20	--	--	0.20	0.01
Magnesium, Mg	mg	18	1	--	18	1
Phosphorus, P	mg	11	--	--	11	1
Potassium, K	mg	146	2	--	143	7
Sodium, Na	mg	7	3	3.470	7	0
Zinc, Zn	mg	0.10	--	--	0.10	0.00
Copper, Cu	mg	0.086	--	--	0.084	0.004
Selenium, Se	µg	0.6	--	--	0.6	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	1677.6	80	44.711	1644.0	80.5
Thiamin	mg	0.020	--	--	0.020	0.001

Nutrient	Unit	1			1 cup 98g	1 fruit without refuse 4.8g
		Value Per 100	Data points	Std. Error		
	g					
Riboflavin	mg	0.060	--	--	0.059	0.003
Niacin	mg	0.400	--	--	0.392	0.019
Pantothenic acid	mg	0.309	--	--	0.303	0.015
Vitamin B-6	mg	0.009	--	--	0.009	0.000
Folate, total	µg	14	--	--	14	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	14	1
Folate, DFE	µg	14	--	--	14	1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	38	3	10.831	37	2
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	767	3	216.610	752	37
Lipids						
Fatty acids, total saturated	g	0.068	--	--	0.067	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.002	--	--	0.002	0.000
16:0	g	0.048	--	--	0.047	0.002
18:0	g	0.016	--	--	0.016	0.001
Fatty acids, total monounsaturated	g	0.082	--	--	0.080	0.004
16:1 undifferentiated	g	0.001	--	--	0.001	0.000
18:1 undifferentiated	g	0.081	--	--	0.079	0.004
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.090	--	--	0.088	0.004
18:2 undifferentiated	g	0.046	--	--	0.045	0.002
18:3 undifferentiated	g	0.044	--	--	0.043	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1			1 cup 98g	1 fruit without refuse 4.8g	
		Value Per100	Data points	Std. Error			
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Flavonoids							
Anthocyanidins							
Cyanidin ¹	mg	15.71	2	--	15.40	0.75	
Pelargonidin ¹	mg	6.8	2	--	6.7	0.3	
Flavones							
Apigenin ²	mg	0.0	14	0	0.0	0.0	
Luteolin ²	mg	0.0	14	0	0.0	0.0	
Flavonols							
Kaempferol ²	mg	1.1	14	0.26	1.0	0.1	
Myricetin ²	mg	0.0	14	0	0.0	0.0	
Quercetin ²	mg	4.7	14	1.16	4.6	0.2	

¹de Brito, E. S., de Araújo, M. C. P., Alves, R. E., Carkeet, C., Clevidence, B. A., and Novotny, J. A. **Anthocyanins present in selected tropical fruits: Acerola, Jambolão, Jussara, and Guajiru.**, 2007 J. Agric. Food Chem. 55 pp.9389-9394

²Ribani, H. F., Huber, L. S., and Rodriguez-Amaya, D. B. **Flavonols in fresh and processed Brazilian fruits.**, 2009 J. Food Comp. Anal. 22 pp.263-268